

<b>Type of illness</b>	<b>Recommended period to be kept away from school</b>	<b>Further advice/comments</b>
Warts, verrucae, blisters and minor cuts	Attend school as normal. Treat if necessary with products from the pharmacy or cover with plasters outside of school hours	Verrucae should be covered in school, swimming pools, gyms and changing rooms. See pharmacist out of school hours.
Cough, colds, nose bleeds and runny noses	Attend school as normal	Calpol eases symptoms. The school will contact you if your child's condition worsens.
Temperature	Calpol etc, when the temperature returns within normal limits, bring to school as normal and let office staff know	.
Headaches	Calpol etc. Bring into school as normal and let the office staff know.	
Sprains	Attend GP/Walk in Centre, outside of school hours where possible, otherwise attend school as normal	
Allergic reaction	Attend GP/Walk in Centre if necessary, otherwise treat with Calpol or an anti-histamine and attend school as normal	
Muscle and joint aches	Attend school as normal	Calpol eases symptoms. Bring into school and let office staff know.
Tummy aches	Attend school as normal	Calpol eases symptoms. Bring into school and let office staff know.
Sore throat	Attend school as normal.	Calpol eases symptoms. The school will contact you if your child's condition worsens.
Diarrhoea or vomiting	12-24 hours since last episode.	This may vary in each case, please contact school for further advice.
Flu	Until recovered. Usually last 2 – 5 days	Colds, cough and sore throats are not to be confused with Flu. Flu results in high temperature, aching joints, fever, intense headache which often causes nausea.
Whooping cough	Five days from commencement of	After treatment non-infectious coughing may continue

	antibiotics or 21 days from onset if no antibiotic treatment.	for many weeks. Vaccination is available.
Conjunctivitis	Treat and attend school as normal	Consult your GP (outside of school hours), treat with medication if advised to and attend school as normal
Head lice	Treat promptly but outside of school hours unless advised otherwise by school and attend school as normal	Recommend use of proprietary hair conditioner combed through the hair with a nit comb.
Mumps	Five days from onset of swelling (vaccination).	Mumps in teenage children can cause other serious medical complications.
Thread worms	Treat promptly but outside of school hours unless advised otherwise by school and attend school as normal	Treatment is required for the child and household Contacts.
Tonsillitis	Can feel very unwell. If so follow the advice of a GP.	There are many causes, most are due to viruses and do not need antibiotics.
Chicken pox	Five days from onset of rash or until spots are crusted over – common March to May.	Chicken pox can effect pregnant women if they have not already had the infection – please call school.
Cold sores	Treat with cream from a pharamacy and attend school as normal	Avoid contact with the sores.
German measles	Five days from the onset of rash can be vaccinated against.	If pregnant women or children under 13 months come into contact with German measles they should inform their GP immediately. Please call school.
Hand, foot and mouth	Attend school as normal	Transmission occurs before symptoms appear
Impetigo	Until lesions are crusted and healed or 48 hours after starting antibiotics.	Antibiotics can speed the healing process and reduce the infectious period.
Measles	Four days from the onset of rash.	If a pregnant woman comes into contact with German measles she should inform her GP immediately. Please call school.
Slapped cheek	None – most cases are caught late	Pregnant women, people with weak immune systems or

